

School Breakfast Program (SBP) Meal Pattern for Preschoolers

School Year 2021-22

The School Breakfast Program (SBP) meal pattern for preschoolers is defined by the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*. For information on meeting the preschool meal pattern and crediting requirements, refer to the Connecticut State Department of Education's (CSDE) resources, *Menu Planning Guide for Preschoolers in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)* and *Resources for the Preschool Meal Patterns*, and visit the CSDE's *Meal Patterns for Preschoolers in School Nutrition Programs* webpage.

Food Components ¹	Ages 1-2	Ages 3-4
Milk, fluid ² Age 1: Unflavored whole milk Ages 2-4: Unflavored low-fat (1%) milk or unflavored fat-free milk	4 fluid ounces (fl oz) ($\frac{1}{2}$ cup)	6 fl oz ($\frac{3}{4}$ cup)
Vegetables, fruits, or portions of both ^{3, 4, 5}	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Grains ^{7, 8, 9, 10} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	$\frac{1}{2}$ ounce equivalent (oz eq) ¹⁰	$\frac{1}{2}$ oz eq ¹⁰
WGR, enriched, or fortified cooked breakfast cereal ¹¹ , cereal grain ¹² , or pasta	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ¹¹		
Flakes or rounds	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Puffed	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
Granola	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup

◀ Refer below for important menu planning notes ▶

Menu planning notes for breakfast

¹ Breakfast must include the minimum serving of all three components. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the requirements. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, *Accepting Processed Product Documentation in the NSLP and SBP*, and *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP*; and visit the "Crediting Commercial Processed Products" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage. Foods made from scratch must have a standardized recipe that documents crediting information. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

² Flavored milk cannot be served. For more information, visit the "Milk Component for Preschoolers" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

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Menu planning notes for breakfast, *continued*

- ³ The vegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables (PFS required), and pasteurized 100 percent full-strength vegetable juice. A serving of cooked vegetables must be drained. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup of lettuce credits as ½ cup of the vegetables component. The USDA's [CACFP Best Practices](#) recommends that preschool menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information, refer to the CSDE's resource, [Vegetable Subgroups in the CACFP](#), and visit the "[Vegetables Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁴ Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, refer to the CSDE's resources, [Crediting Juice for Preschoolers in the NSLP and SBP](#) and [Crediting Smoothies for Preschoolers in the NSLP and SBP](#). The USDA's [CACFP Best Practices](#) recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- ⁵ The fruits component includes fresh fruit, frozen fruit, canned fruit, dried fruit, and pasteurized 100 percent full-strength fruit juice. Serve canned fruit in juice, water, or light syrup. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the "[Fruits Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁶ Grain products and recipes must be made with creditable grains. Creditable grains for the preschool meal patterns include whole grains, enriched grains, bran, and germ. For information on identifying creditable grains, refer to the CSDE's resources, [How to Identify Creditable Grains for Preschoolers in the NSLP and SBP](#), [Crediting Whole Grains in the NSLP and SBP](#), and [Crediting Enriched Grains in the NSLP and SBP](#); and visit the "[Grains Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁷ At least one serving per day must be WGR. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For the preschool meal patterns only, WGR foods contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE's resources, [Meeting the Whole Grain-rich Requirement for the CACFP](#), [Crediting Whole Grains in the NSLP and SBP](#) and [Crediting Enriched Grains in the NSLP and SBP](#); and visit the "[Whole Grain-rich Requirement](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁸ Grain-based desserts cannot credit. Examples include cookies, piccrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends not serving sweet crackers more than twice per week between all preschool meals and snacks. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).
- ⁹ Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A 1-ounce serving of the meat/meat alternates component substitutes for 1 ounce equivalent of the grains component. For more information, visit the USDA's webpage, [Serving Meat and Meat Alternates at Breakfast](#), and the "[Meat/Meat Alternates Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ¹⁰ Ounce equivalents apply effective October 1, 2021. Grains must meet the required weights (groups A-E) or volumes (groups H-I) in [Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#), or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP](#), and visit the "[Ounce Equivalents](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ¹¹ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP](#).
- ¹² Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

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For more information, refer to the CSDE's *Menu Planning Guide for Preschoolers in the NSLP and SBP* and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Breakfast_Meal_Pattern_Preschool.pdf.

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